

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:10	FE-2	BREAKFAST
06:40–07:30	CDR, FE-1	
07:10–07:25	FE-2	Private family conference (<i>ISS-MCC TV link + ?u-band in backup for MCC-ISS-MCC TV link</i>)
07:25–08:05		????-2? Multifiltration Unit R&R
08:30–08:35	CDR	Inspection of ???-2 separator
08:35–08:40		Calldown of ?? counter data
08:40–08:45		Calldown of ??? water supply data
08:45–09:00		Private family conference (<i>ISS-MCC TV link + ?u-band in backup for MCC-ISS-MCC TV link</i>)
10:00–11:30	CDR, FE-2	Air-to-air TORU test (Progress-Service Module)
	FE-1	Physical exercise (RED)
10:30–11:30	FE-2	Physical exercise (TVIS-2)
11:00–12:30	CDR	Physical exercise (VELO+RED day 2)
11:30–12:30	FE-1	Physical exercise (TVIS)
12:30–13:30		LUNCH
13:30–13:40	FE-1	Payload status
14:05–14:20		Private psychological conference (<i>S-band</i>)
15:00–16:30	FE-2	Physical exercise (VELO+RED day 2)
15:30–15:45	FE-1	Private family conference (<i>S-band</i>)
16:00–17:00	CDR	Physical exercise (TVIS-2)
16:30–17:10	FE-2	IMS file prep
17:10–17:40		Daily plan review
17:40–17:55		Daily planning conference (<i>S-band</i>)
18:00–18:30		Prep for work
18:30–19:00		Daily food prep
19:00–19:30		DINNER
19:30–20:30		Pre-sleep
20:30–05:00		SLEEP

Note:

See OSTP for references to US activities

Task List activity for CDR: DIATOMEA ocean observations

Task List activity for CDR: URAGANA Earth observations

End of radiogram